

Free Idaho Health & Fitness Fair
Health Care Services, Products, Seminars
Sat. Oct. 23, 10to5 • Sun. Oct. 24 10to4 • West. ID. Fairgrounds

Saturday October 23rd–Room 1

10:00-10:50- **Hormone Replacement Therapy.** Learn What the benefits are, what is HRT and how are they used. by Dr. Eddie Arnold, DC.

11:00-11:50- **Achieving Optimal Health with Weight and Disease Management.** Part 1 Take Shape for Life. by Dr. Wayne Anderson, MD.

12:00-12:50- **Pain Management.** Pain-whether acute or chronic can be manifested on a personal, emotional, or environmental arena. by Michael Plyer & Angela Billings.

1:00-1:50- **Irritable Bowel Syndrome and Gastrointestinal Disorders.** by Dr. Bonnie Kim Waite, MD.

2:00-2:50- **Achieving Optimal Health with Weight and Disease Management.** Part 2 Take Shape for Life. by Dr. Wayne Anderson, MD.

3:00-3:50- **A wild herb cocktail party.** Rain Forest Amazon Herbs.

Saturday October 23rd–Room 2

10:00-10:50- **Acupuncture and Pain.** Pain conditions acupuncture can help, Headache, Migraines, Neck & Back pain, Tennis Elbow, Arthritis and much more. Chinese Acupuncture & Natural Therapy Center.

11:00-11:50- **Opening the Image and Body: Learn to see yourself through the Arts.** by Eve Heart.

12:00-12:50- **Simple Wellness with JC Tonic.** by Dr. Elizabeth Collister, MD.

1:00-1:50- **The Sacred School of Earth. Live a Soul-directed life filled with inner peace, purpose and love!** Andi Saucerman

2:00-2:50- **Is the food you are eating making you sick?** Health Dynamics

3:00-3:50- **Hypertension, what you need to know.** by Dr. Wielebinski, MD.

Saturday October 23rd–Western Town

11:00-1:00- **You can heal anythng: Unlease your natural healing abilities.** by Stephen Lewis, Co-founder of the AIM Program.

3:00-5:00- **You can heal anythng: Unlease your natural healing abilities.** by Stephen Lewis, Co-founder of the AIM Program.

Sunday October 24th–Room 1

11:00-11:50- **The Ticking Time Bomb! - Metabolic syndrome: one out of every 5 attendants at today's show have it and are at high risk of Heart Disease!** by Dr. Gary Tubbs, MD of Deer Point Family Practice.

12:00-12:50- **Simple wellness with JC Tonic.** Dr. Elizabeth Collister, MD.

1:00-1:50- **Achieving Optimal Health with Weight and Disease Management.** Part 1 by Dr. Wayne Anderson, MD. Take Shape for Life.

2:00-2:50- **Hormone Replacement Therapy.** Learn What the benefits are, what is HRT and how are they used. by Dr. Eddie Arnold, DC

3:00-3:50- **Achieving Optimal Health with Weight and Disease Management.** Part 2 by Dr. Wayne Anderson, MD. Take Shape for Life.

Sunday October 24th–Room 2

12:00-12:50- **Acupuncture and Pain.** Pain conditions acupuncture can help, Headache, Migraines, Neck & Back pain, Tennis Elbow, Arthritis and much more. Chinese Acupuncture & Natural Therapy Center.

1:00-1:50- **Fight or Flee?** Every day in a multitude of ways we encounter situations that bring the unconscious Fight or Flee. Michael Plyer & Angela Billings.

Screenings, tests, sampling and topics include: blood pressure, cholesterol, body fat, oral exam, bone density, diabetes, healthy cooking, Fibromyalgia, COPD (Chronic Obstructive Pulmonary Disease), Hormone Therapy, Anemia, Psoriasis, Osteo Arthritis of the knee, heart disease, fitness, nutrition, arthritis, flu vaccine options, doctors, dentists, health care providers, and more.